

Full Report (All Nutrients) 11995, Fiddlehead ferns, raw

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Nutrient values and weights are for edible portion.

Food Group : Vegetables and Vegetable Products

Carbohydrate Factor: 3.57 Fat Factor: 8.37 Protein Factor: 2.44 Nitrogen to Protein Conversion Factor: 6.25

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error
Proximates				
Water	g	88.68	5	0.295
Energy	kcal	34	--	--
Energy	kJ	143	--	--
Protein	g	4.55	5	0.013
Total lipid (fat)	g	0.40	5	0.009
Ash	g	0.83	5	0.013
Carbohydrate, by difference	g	5.54	--	--
Minerals				
Calcium, Ca	mg	32	2	--
Iron, Fe	mg	1.31	2	--
Magnesium, Mg	mg	34	2	--
Phosphorus, P	mg	101	2	--
Potassium, K	mg	370	2	--
Sodium, Na	mg	1	2	--
Zinc, Zn	mg	0.83	2	--
Copper, Cu	mg	0.320	2	--
Manganese, Mn	mg	0.510	2	--
Vitamins				
Vitamin C, total ascorbic acid	mg	26.6	5	2.415
Thiamin	mg	0.020	5	0.001
Riboflavin	mg	0.210	5	0.013
Niacin	mg	4.980	5	0.085
Vitamin B-12	µg	0.00	--	--

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error
Vitamin A, RAE	µg	181	--	--
Retinol	µg	0	--	--
Carotene, beta 1 2	µg	2040	8	10.000
Carotene, alpha 1 2	µg	261	8	70.500
Vitamin A, IU	IU	3617	--	--
Vitamin D (D2 + D3)	µg	0.0	--	--
Vitamin D	IU	0	--	--

Lipids

Fatty acids, total trans	g	0.000	--	--
Cholesterol	mg	0	--	--

Sources of Data

¹R J Bushway, A M Wilson **Determination of alpha- and beta-carotene in fruit and vegetables by high performance liquid chromatography**, 1982 Can Inst Food Sci Technol 15 pp.165-169

²A A Bushway, D V Setteze, D F McGann, R H True, T M Work, R J Bushway **Effect of processing method and storage time on the nutrient composition of fiddlehead greens**, 1985 J Food Sci 50 pp.1491-1492

³Arabbi, P. R., Genovese, M. I., and Lajolo, F. M. **Flavonoids in vegetable foods commonly consumed in Brazil and estimated ingestion by the Brazilian population.**, 2004 J. Agric. Food Chem. 52 5 pp.1124-1131

⁴Huber, L. S., Hoffman-Ribani, R., and Rodriguez-Amaya, D. B. **Quantitative variation in Brazilian vegetable sources of flavonols and flavones.**, 2009 Food Chemistry 113 pp.1278-1282

⁵Martínez-Sánchez, A., Gil-Izquierdo, A., Gil, M. I., and Ferreres, F. **A comparative study of flavonoid compounds, vitamin C, and antioxidant properties of baby leaf Brassicaceae species.**, 2008 J. Agric. Food Chem. 56 pp.2330-2340